



## What are the macronutrients?

Name:

Date:

Select the correct answer here

Select the correct answer

<p><b>Q1</b> Which nutrients are known as macronutrients?</p>	<p>a) iron, calcium, zinc</p> <p>b) vitamins A, B, C and D</p> <p>c) carbohydrate, protein and fat</p>
<p><b>Q2</b> What is one of the main functions of fat?</p>	<p>a) keep food moist</p> <p>b) a carrier of water soluble vitamins</p> <p>c) concentrated source of energy</p>
<p><b>Q3</b> What are the two main types of carbohydrate?</p>	<p>a) starch and sugar</p> <p>b) alcohol and starch</p> <p>c) fat and starch</p>
<p><b>Q4</b> What is the main function of carbohydrate?</p>	<p>a) to protect the body from disease</p> <p>b) to supply vitamin C</p> <p>c) to supply the body with a source of glucose</p>
<p><b>Q5</b> What are the main functions of protein?</p>	<p>a) energy</p> <p>b) growth and repair of the body</p> <p>c) fighting infections</p>

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